

RAKUEN TRANSLATIONS

STATUS: ONGOING
TYPE: WEBCOMIC
URASUNDAY

1 Danberu nan kiro moteru?

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URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAPO41 CLEANER: PAPO41
PROOFREADER: /A/NONYMOUS RAWS: /A/NONYMOUS REDRAWER: PAPO41

WE ARE LOOKING TRANSLATORS FOR:

DEAR SUCCUBUS SISTER



NIDOME NO JINSEI
WO ISEKAI DE



ADDICTED TO CURRY



JINROUKI WINVURGA



SEIREI GENSOUKI



MUSUKO GA KAWAIKUTE
SHIKATAGANAI MAZOKU




RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED
ON HELPING US,
WRITE US ON OUR
FACEBOOK PAGE OR
CONTACT US AT OUR
BATOTO ACCOUNT:
PAPO41.



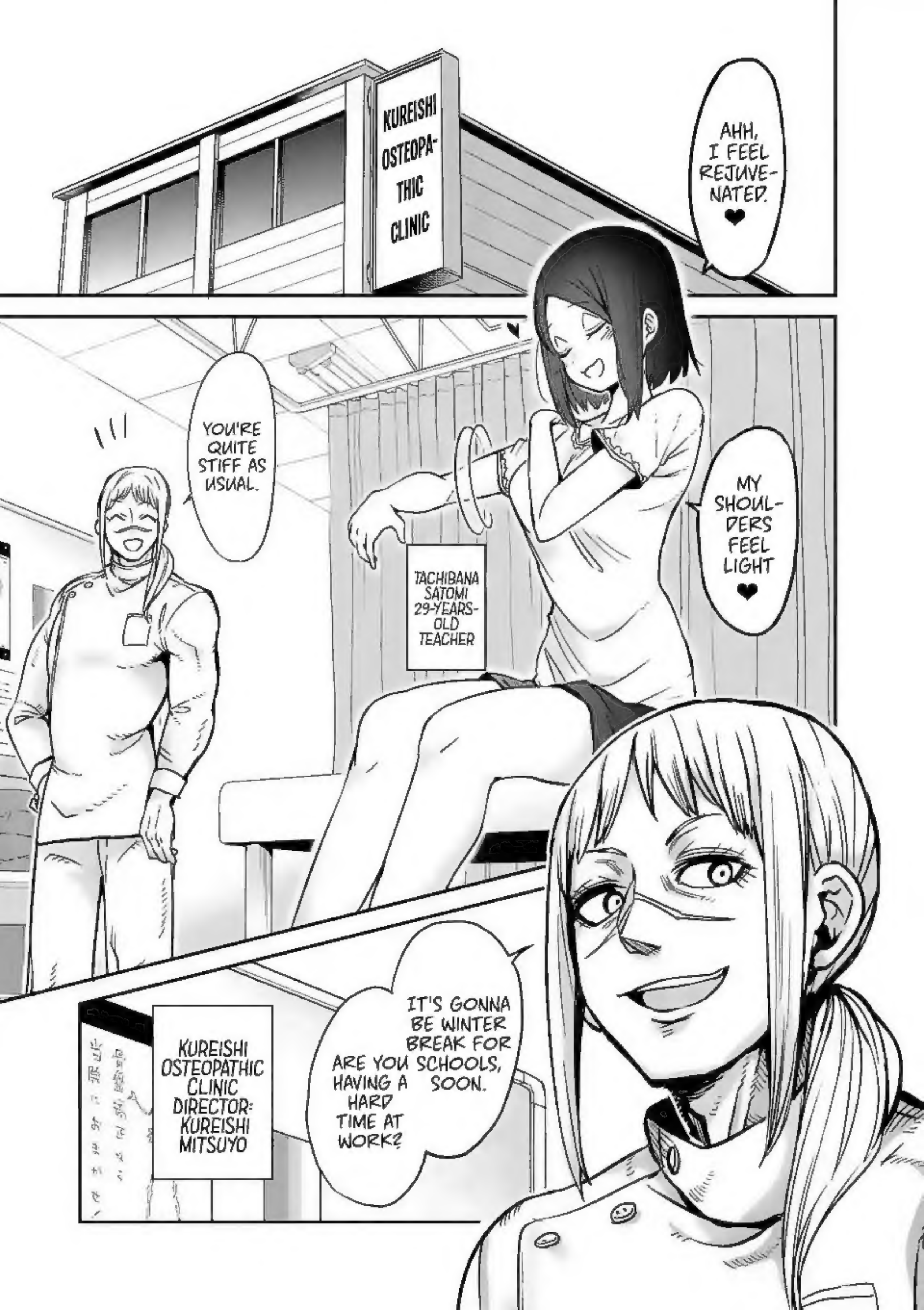
We're also recruiting
typesetters and redrawers.





Tachibana Satomi
166cm / 59kg
B88
W60
H88

何キロ
持ってる?
ペンベル



KUREISHI
OSTEOPA-
THIC
CLINIC

AHH,
I FEEL
REJIVE-
NATED.
♥

YOU'RE
QUITE
STIFF AS
USUAL.

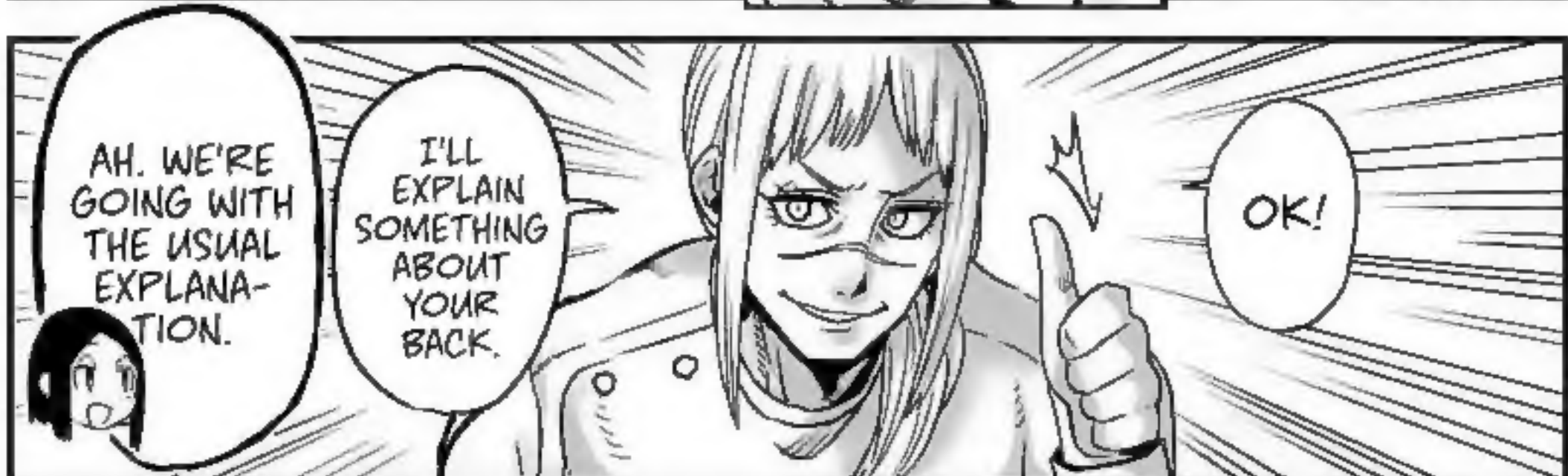
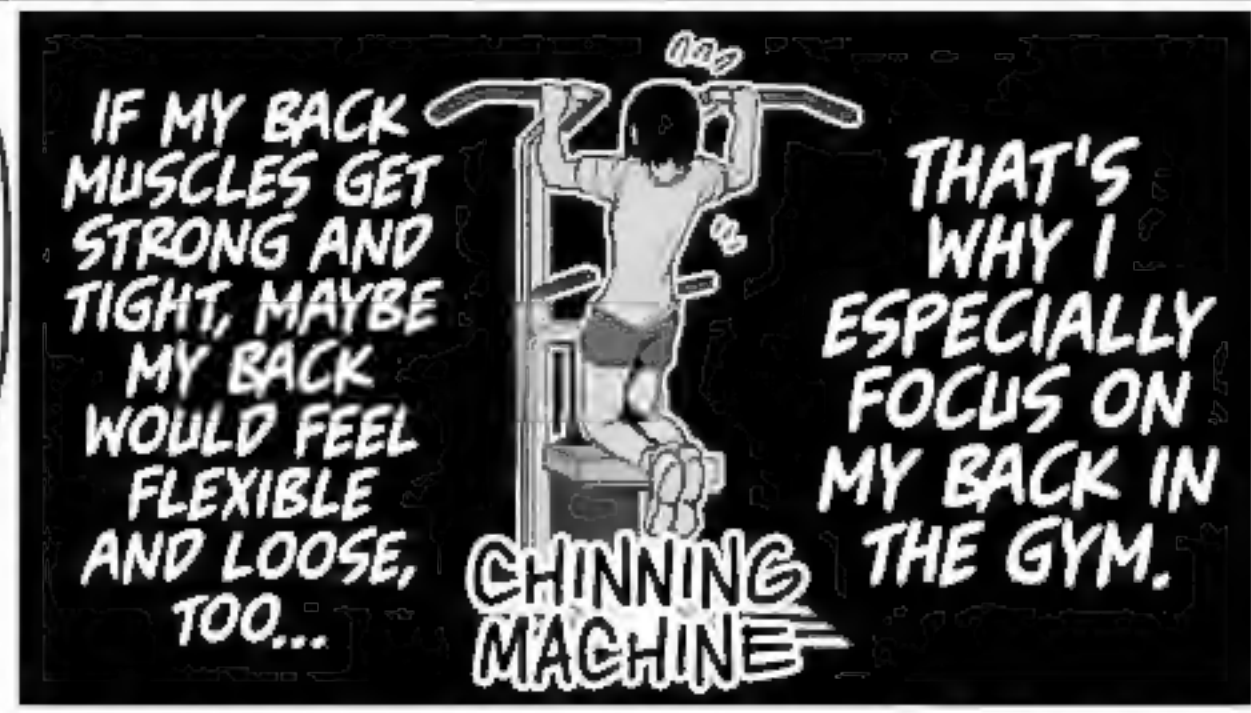
TACHIBANA
SATOMI
29-YEARS-
OLD
TEACHER

MY
SHOUL-
DERS
FEEL
LIGHT
♥

KUREISHI
OSTEOPATHIC
CLINIC
DIRECTOR:
KUREISHI
MITSUYO

IT'S GONNA
BE WINTER
BREAK FOR
ARE YOU SCHOOLS,
HAVING A HARD
TIME AT
WORK?





RIGHT NOW,
WE'LL
INTRODUCE
YOU TO
BACK
KYPHOSIS,
WHICH IS
WHAT
TACHIBANA-
SENSEI IS
WORRYING
ABOUT.

BACK
KYPHO-
SIS



THE USUAL
EXPLANATION

HOW TO ELIMINATE KYPHOSIS

A.K.A.
"HUNCHBACK"

THERE ARE FOUR TYPES
OF KYPHOSIS.
(NECK KYPHOSIS, BACK
KYPHOSIS, HIP KYPHOSIS,
STOMACH KYPHOSIS)

IT CAN
ALSO
CAUSE
STIFF
SHOUL-
DERS
AND EVEN
HEAD-
ACHES.



DUE TO THE
PRESSURE
ON YOUR
INTERNAL
ORGANS, IT
CAN CAUSE
THINGS LIKE
HEARTBURN
AND STOMA-
CHACHES.

PEOPLE
WHO KEEP
THE SAME
POSITION,
WORKING
ON A PC
FOR A
LONG TIME,
TEND TO
EASILY
LAPSE
INTO THIS.



BACK
KYPHOSIS
IS THE
MOST
WELL
KNOWN
VARIETY.

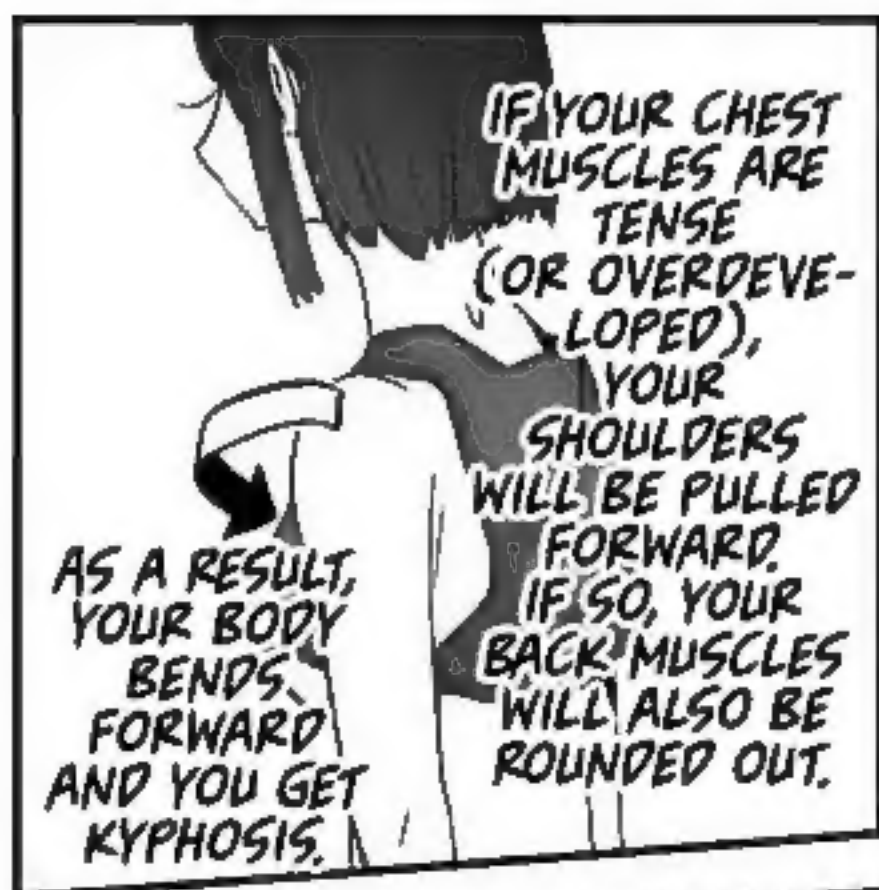
ACTUALLY,
THE REASON
FOR KYPHO-
SIS ISN'T
BECAUSE OF
YOUR BACK
MUSCLES
ALONE.



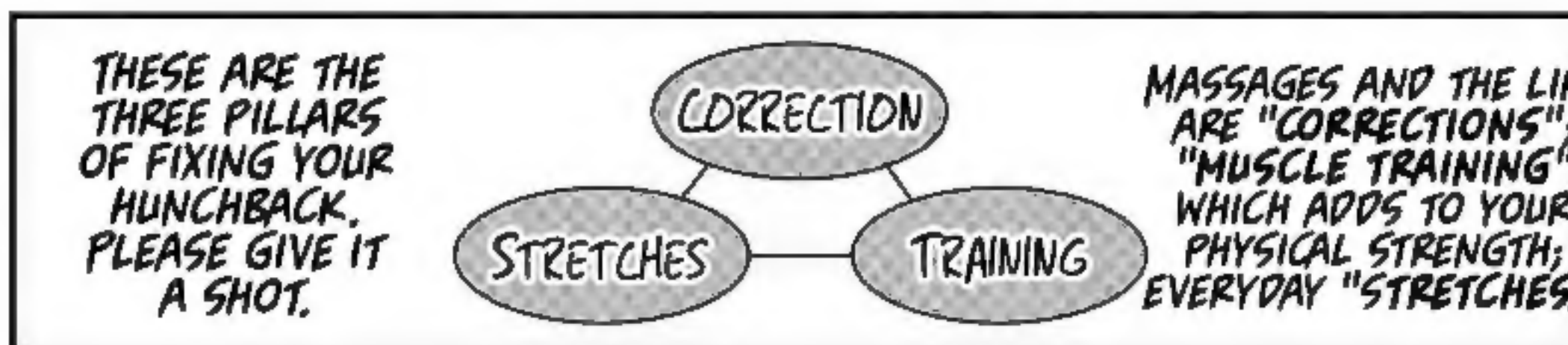
After
a while...



EVEN IF YOU
HAVE YOUR
BACK MUSCLES
LOOSENED UP
THROUGH AN
OSTEOPATHIC
CLINIC OR A
MASSAGE,
YOUR
KYPHOSIS WILL
RETURN...
I WONDER IF
PEOPLE
REALIZE THIS?



TO RESOLVE A "HUNCHBACK," YOU SHOULD BEAR IT IN MIND TO STRETCH YOUR CHEST AND SHOULDER BLADES EVERYDAY, TRY TO MOVE YOUR MUSCLES.





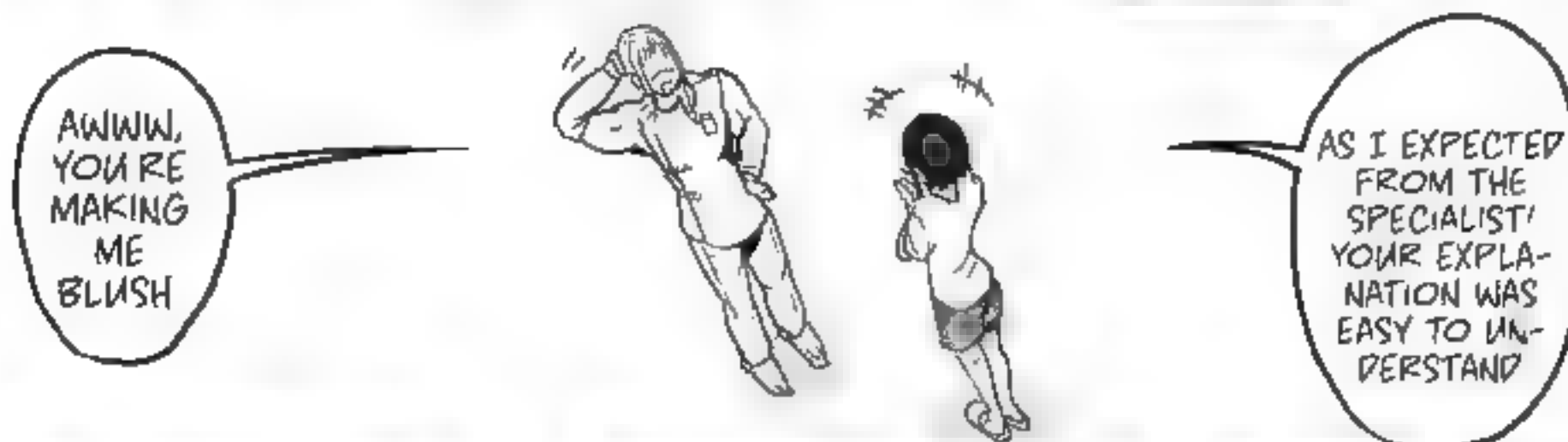
RHOM-
BOID
MUS-
CLES

ERECTOR
I SPINAEI
MUSCLES

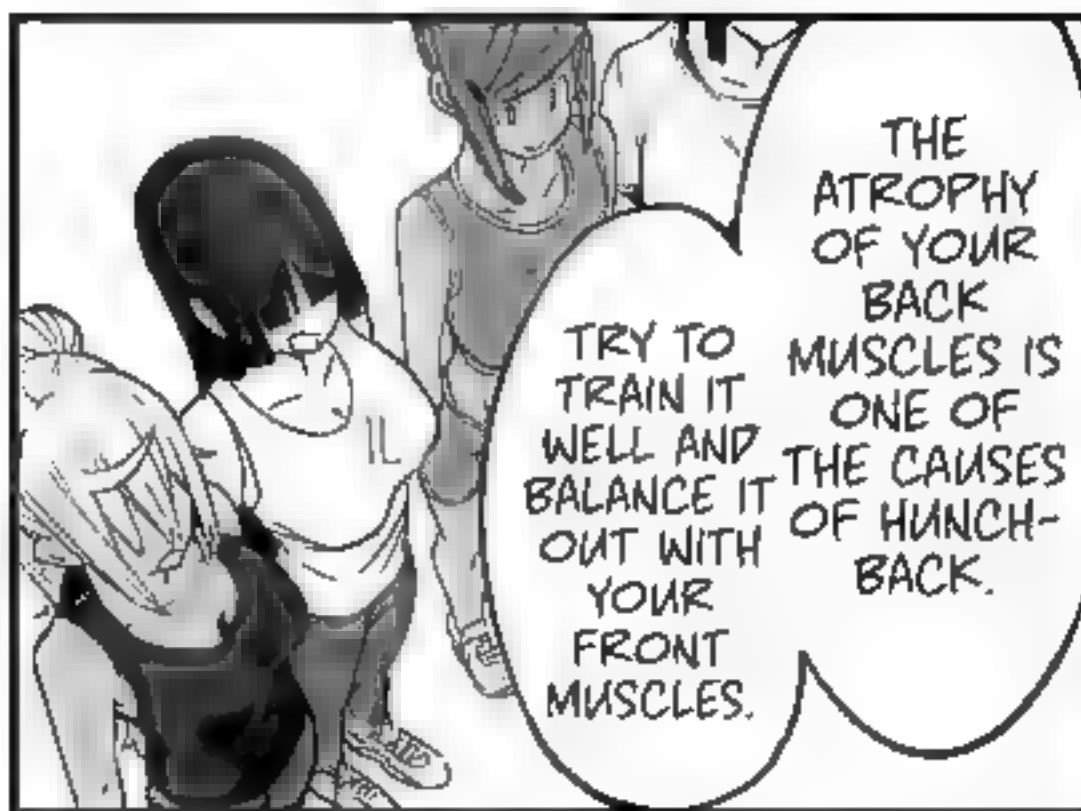
LATISSI-
MUS
DORSI
MUSCLE

TRA-
PEZIUS
MUS-
CLE

LET'S AIM
TO CURE
HUNCHBACKS
AND BECOME
BEAUTIFUL
PEOPLE WITH
GOOD
POSTURES!



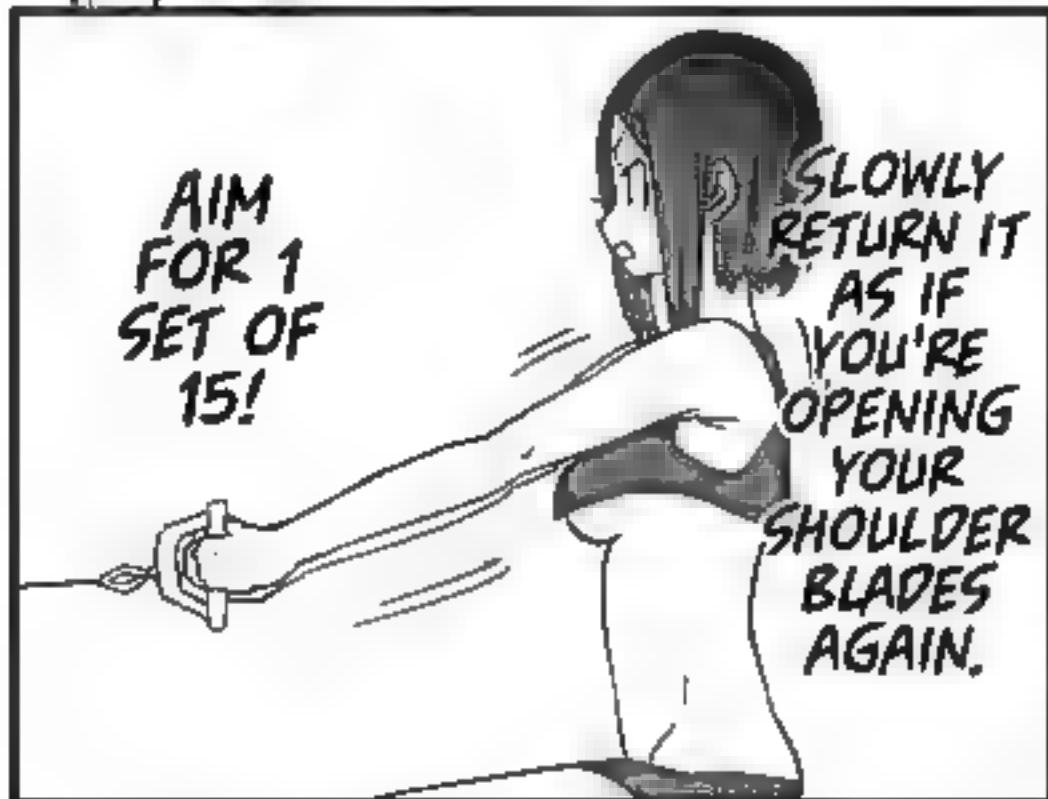


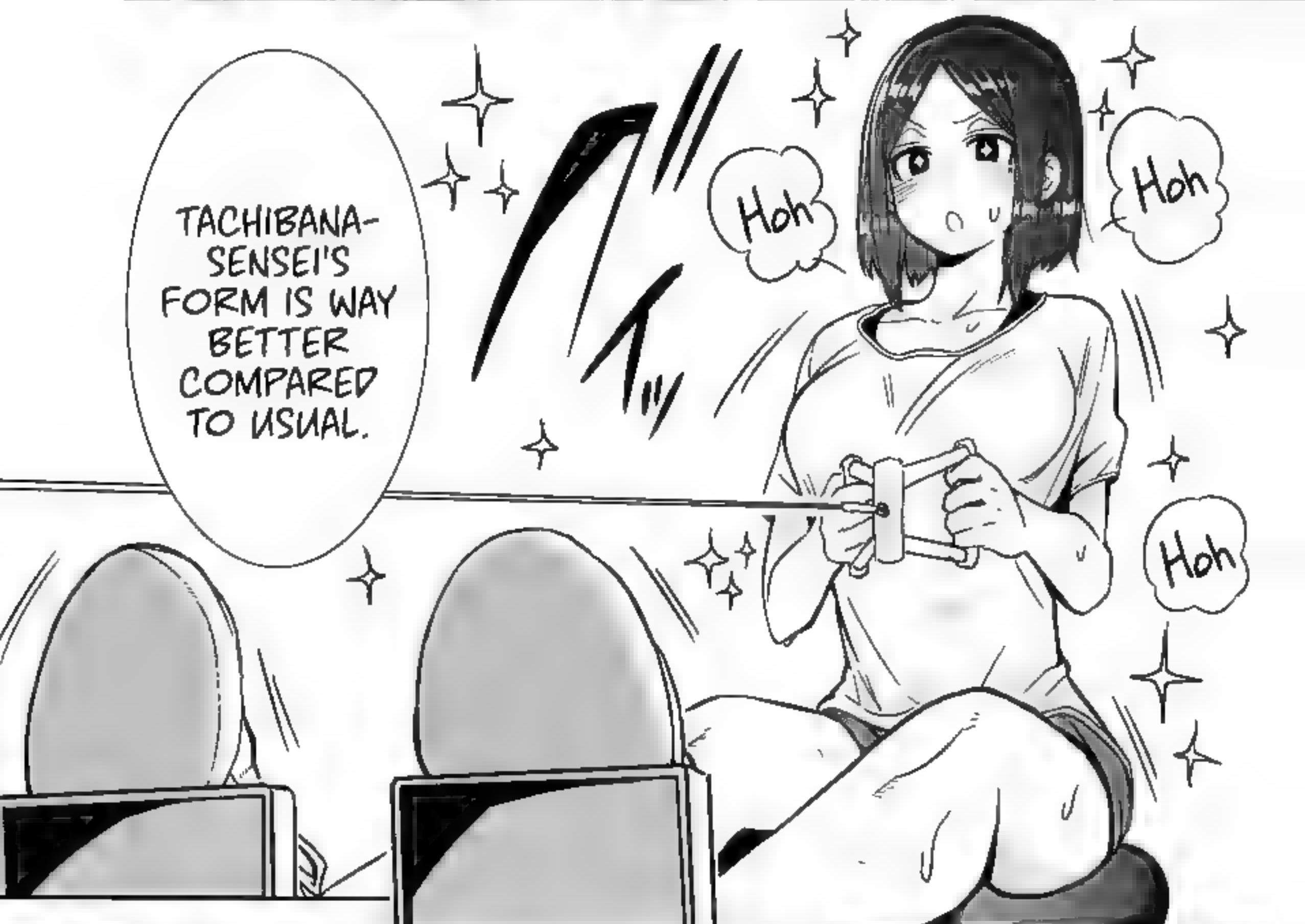


YOU CAN KEEP A GOOD BALANCE WHEN TRAINING YOUR LATISSIMUS DORSI MUSCLES, TERES MAJOR MUSCLES, TRAPEZIUS MUSCLES, RHOMBOID MUSCLES, AND BACK MUSCLES.

BASIC POSTURE

SEATED ROWS





TRAINING COMPLETE...!





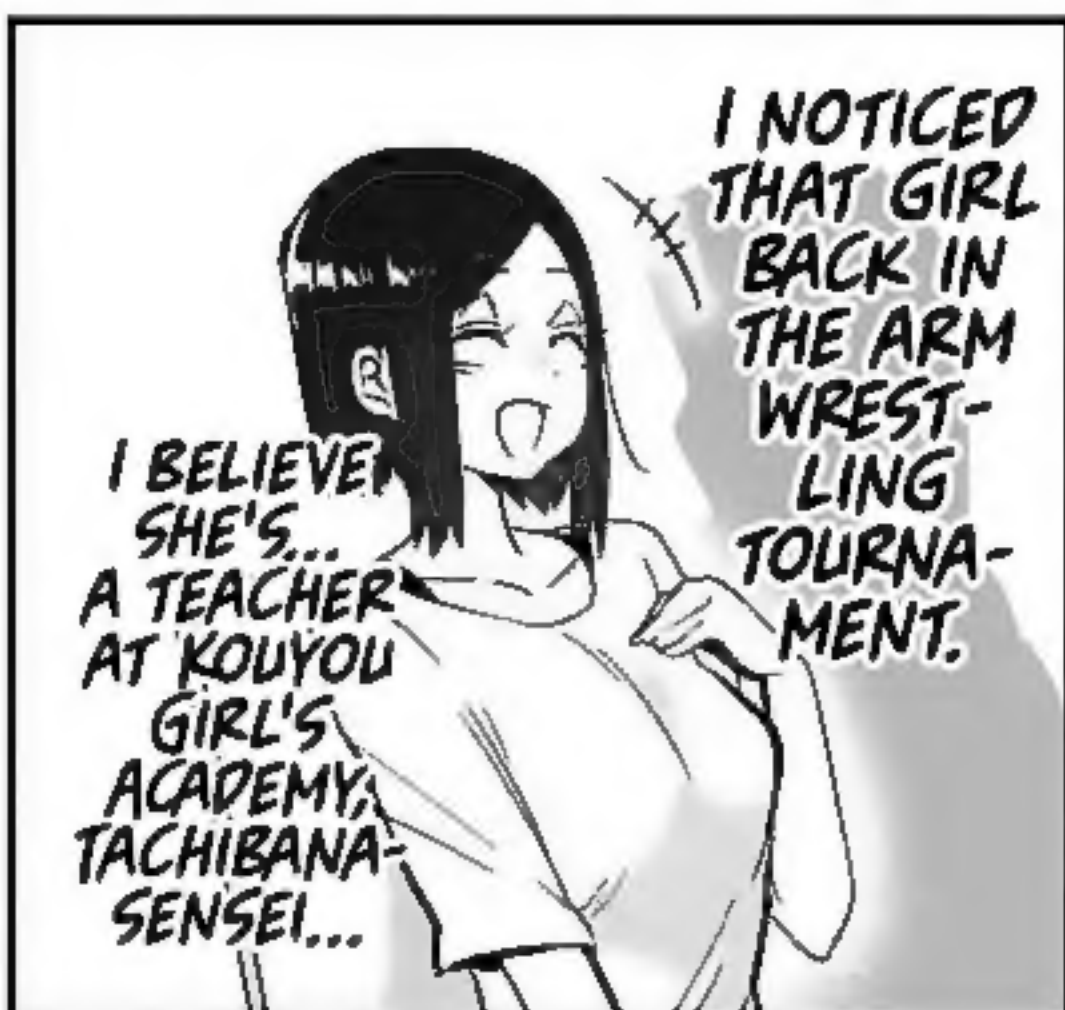
Am
I actually
feeling
the per-
fect
form!?



LOOKS
LIKE
THEY'RE
ALL
DONE.

AH,
HIBIKI
AND THE
OTHERS.

Oh man,
I'm late
since
I was
observing
clubs.
I never
would have
thought
there
wouldn't be
a Russian
sambo
club...



I BELIEVE
SHE'S...
A TEACHER
AT KOUYU
GIRL'S
ACADEMY,
TACHIBANA-
SENSEI...

I NOTICED
THAT GIRL
BACK IN
THE ARM
WREST-
LING
TOURNA-
MENT.

ZINA
VOID







TOO MUCH DETERRENCE

OKAY, I'LL DEMONSTRATE ON THIS DOLL.

SURE.

IT SEEMS DANGEROUS RECENTLY, SO COULD YOU TEACH ME SOME SELF DEFENSE?

MAM, YOU'RE A FIGHTER, RIGHT?

GRAB THE HANDS LIKE THIS...

FIRST, LET'S SAY YOU'RE GRASPED BY THE COLLARS.

S N A P

FINALLY THE NECK

K R A C K

THEN TAKE THE ELBOWS

P O W

I'M GONNA GO TO JAIL!!

AND THERE WE GO. EASY, RIGHT?

